

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2010

Bread Pudding Macaroni and Cheese Ham & Cheese Pinwheels Meatball Submarines French Toast Dippers

Bread Pudding

3½ cups whole wheat bread cubes
¼ cup raisins
2 cups 1% or skim milk
2 eggs, slightly beaten
½ cup sugar
1 teaspoon cinnamon



1. Preheat oven to 350 degrees.
2. Place bread cubes in a 2-quart baking dish coated with non-stick cooking spray. Add raisins.
3. Heat milk in a microwave-safe bowl until hot, but not boiling.
4. In a small mixing bowl, combine milk, eggs, sugar and cinnamon. Pour this mixture over bread and raisins.
5. Place the baking dish in a pan of hot water (about 1 inch deep).
6. Bake for 40-45 minutes or until set.
7. Note: Seven slices of raisin bread can be used in place of the bread cubes and raisins.

Nutrition Note: This recipe makes 8 servings. Each serving has 130 calories, 2 grams of fat, and 24 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Monitor vegetable condition and use before they spoil. Add to soup or stir fry, roast or steam and serve at the next meal – or cool quickly and freeze in airtight container for a future meal.

(From ISU Extension Spend Smart Eat Smart website,
<http://www.extension.iastate.edu/foodsavings/>)

Macaroni and Cheese

1 cup uncooked macaroni
1 cup fat-free cottage cheese
1 cup fat-free sour cream
1 cup Velveeta® cheese, cut up
2 cups shredded reduced-fat cheddar cheese
2 eggs, beaten

1. Preheat oven to 350 degrees.
2. Cook macaroni according to package directions and drain.
3. Combine cottage cheese, sour cream, Velveeta, cheddar cheese and eggs in a 2½-quart casserole dish coated with non-stick cooking spray.
4. Add cooked macaroni and fold into cheese mixture.
5. Bake for 45 minutes.

Nutrition Note: This recipe makes 8 servings. Each serving has 210 calories, 7 grams of fat, and 18 grams of carbohydrates.

Breastfeeding:

Why breastfeed? “Nothing ever goes how you plan. I had problems at first and I kept breastfeeding because I knew it was better for him. Now that he is 5 months old, I breastfeed because I enjoy it.”



~ April, WIC Breastfeeding Mom from Dickey County

Ham & Cheese Pinwheels

½ cup light whipped cream cheese
4 whole wheat flour tortillas
1 large carrot, shredded (about 1 cup)
½ cup shredded reduced-fat cheddar cheese
6 ounces thinly sliced deli ham
Dipping sauce options: honey mustard, barbecue sauce, hummus (optional)

1. Spread the cream cheese evenly over each of the tortillas.
2. Layer each tortilla with carrots, cheese and ham.
3. Roll up tightly and slice into ¾-inch rounds. Serve with your choice of dipping sauces.
4. To round out the lunch, serve with sliced strawberries or melon and a glass of milk on the side.

Recipe from www.mealmakeovermoms.com

Nutrition Note: This recipe makes 4 servings. Each serving has 280 calories, 10 grams of fat, and 27 grams of carbohydrates.

Meatball Submarines

1½ pounds lean ground beef
1½ cups dry bread crumbs
1 cup 1% or skim milk
½ teaspoon pepper
2 eggs
¼ cup chopped onion
1½ cups pasta sauce
1 medium carrot, peeled and shredded (about ¾ cup)
9 whole wheat hot dog buns
¼ cup grated parmesan cheese, optional

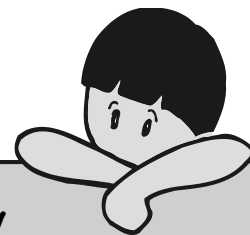
1. Preheat oven to 375 degrees.
2. Combine the ground beef, bread crumbs, milk, pepper, eggs and onion in a bowl. Form into 18 meatballs.
3. Place the meatballs on a cookie sheet or broiler pan coated with non-stick cooking spray.
4. Bake for 30-45 minutes. (If freezing meatballs for later use, cool slightly and freeze on a cookie sheet in a single layer. When frozen, remove from cookie sheet and freeze in a plastic bag or container.)
5. Combine the meatballs, pasta sauce and carrot in a medium saucepan.
6. Cook on medium-high heat and bring to a simmer. Lower the heat and continue to simmer, covered, stirring occasionally, until heated through. (If using frozen meatballs, heat for about 20-25 minutes.)
7. Divide evenly among the buns, sprinkle with parmesan cheese as desired, and serve.

Recipe adapted from www.mealmakeovermoms.com

Nutrition Note: This recipe makes 9 servings. Each serving has 380 calories, 13 grams of fat, and 42 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Motions of the weather - use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative and have fun just moving.

(From www.headstartbodystart.org)

French Toast Dippers

5 slices whole wheat bread
3 cups Crispy Rice cereal
1 tablespoon sugar
¾ teaspoon cinnamon
3 eggs
½ cup 1% or skim milk
1 teaspoon vanilla
Dash of salt
1 tablespoon melted margarine



1. Preheat oven to 425 degrees. Spray a cookie sheet with non-stick cooking spray.
2. Cut each slice of bread into 4 sticks. Place sticks on a cooling rack for about 20 minutes to dry out a little.
3. Put cereal into a resealable bag and crush into fine crumbs (a rolling pin works well for this).
4. Pour crumbs into a pie plate; add sugar and cinnamon. Mix well.
5. In a bowl, combine eggs, milk, vanilla and salt. Beat until well-blended.
6. Dip each bread stick into egg mixture and then roll in crumb mixture. Place on the cookie sheet.
7. Drizzle melted margarine over bread sticks. Bake for 17-19 minutes or until crispy.
8. Serve with syrup as a dipping sauce.

Nutrition Note: This recipe makes 5 servings. Each serving has 210 calories, 6 grams of fat, and 30 grams of carbohydrates.

GROWING HAPPY FAMILIES

Let children start with a small serving.

Children have small stomachs, so they need small portions. Teach children to start with a small serving of each food and to have more if they are still hungry. Start with 1 tablespoon per year of life (which equals ¼ cup for a 4-year old).

